

Adults

Adult Basketball Play

Wednesdays, 6:30pm - 8:30pm

Realistic Results

Individualized Fitness Program

Participants receive training, coaching, and consulting. Start wherever you are! Thin, out of shape, undisciplined, overweight - it doesn't matter. Call Carol Bolden: 294.7265 or email: CBolden@unumprovident.com

Senior Adult Programs

**** Senior Adult Program fees vary. See staff for details. ****

Mondays: Ceramics, 11:00am - 1:00pm

Tuesdays: Fitness Walk, 9:00am

Thursdays: Fitness Walk, 9:00am

Pokeeno & Covered Dish Luncheon

Dates: September 23rd, October 21st, & December 16.

Holiday Shopping Trip to Gatlinburg, TN

Monday, December 5th.

Itinerary:

- * Leave center at 10:00am
 - * 12 Noon Lunch Stop
 - * Shopping after lunch at Outlet Malls
 - * Dixie Stampede Show at 6:00pm
 - * Return to Chattanooga following show.
- Limited spaces available. Call 855-2697 to reserve your space on the van.

Community & Family

Rosetta Kirby Library & Reading Center

Fall & Winter Hours:

Mondays - Fridays, 4:00pm - 7:00pm.

The reading center provides a fun place for neighborhood residents to enjoy. Reading materials for all ages available. Library card will be required to checkout books. See staff for details.



Annual Adult Christmas Party & Community Award's Day

Sunday, December 11, 3:00pm - 5:00pm

Sponsored by the Shepherd Community Action Council. Entertainment, community service awards, and refreshments served.

Facility Manager: Ivy Strickland
Recreation Specialist: Jerome Martin

Get involved at Shepherd Neighborhood Recreation Center - A safe place for all ages to meet new friends, socialize, learn new skills, keep fit, and stay healthy.



Shepherd

Multi Purpose Center

September - December 2005



This Kidz Kamp participant enjoyed her day on a field trip to a local amusement park.



**PARKS AND
RECREATION**

2124 Shepherd Road
Chattanooga, TN 37421
(423) 855-2697

www.chattanooga.gov/cpr



Daily Programs

Kids Corner (Elementary Youth)

After school Program

Mondays - Fridays; 3:30pm - 6:30pm

No Cost. No homework tutoring on Fridays.

Goals:

1. Keep kids safe!
2. Assist working families.
3. Improve academic achievement.

Registration required with recreation center staff.

Basketball Boys and Girls

Starting September 1st.

See Facility Manager for league practice times, play times and dates. ***Girls schedule starts in October.***

Cheerleading

For ages 8 - 11. Cost: Cost of uniform.

This dynamic squad is open to girls wanting to learn the fundamentals of cheerleading. Leadership, teamwork, basic cheers, and routines will be demonstrated. Squad will cheer for little league football team. Dates/times of practices and game to be announced.

Girls Scouts (For girls in the 3rd - 5th grades)

Signups begin September 5th

Monthly meetings on Mondays, 5:00pm - 7:00pm.

Meeting dates:

September 12th, October 10th, November 7th, December 12th, January 9th, February 13th, March 13th, April 10th, and May 8th.

Boy Scouts

Signups begin September 5th

Monthly meeting on Fridays, 5:00pm - 7:00pm.

Registration: \$10

Meeting dates:

September 16, October 14th, November 18th, and December 16th.

Movie Night (Elementary Students Only)

Friday, October 28th, 6:30pm - 8:00pm

Friday, November 18th, 6:30pm - 8:00pm

Friday, December 16th, 6:30pm - 8:00pm

Movie titles will be available one week prior to viewing date. No cost to attend. Refreshments will be sold.

Canoeing

Tuesday, October 18th at 12Noon (weather permitting). No Cost. For ages 8 and up.

Kids Krafts

Fun and easy crafts for youths and teens.

Dates: September 19th, October 17th

(Halloween Craft), November 21st

(Thanksgiving Craft), December 19th

(Christmas Craft). 4:00pm - 5:00pm each date.

For ages 8 and up. Cost varies: .50 - \$1.

WeDance

Beginning ballet & tap dancing lessons for

youth and teens. Cost: \$75 for 16-weeks

(Sept. - Dec.). Instructor: Gerri Muncie.

Lessons every Thursday at 6:00pm.

Teen Time (Middle/High Students)

Arcanettes Club for Girls

Sponsored by Zeta Phi Beta Sorority

Biweekly meetings.

Teen Club

Monthly meeting where teens plan their

activities. Come and have fun with your peers while developing leadership and organizational skills.

Meeting dates: Monday, October 17th;

Wednesday, November 23rd; and Wednesday,

December 21st.